

Retiree News

A Supplement to the Desert Airman

Friday, April 27, 2001

Volunteers needed

If you have a few spare hours, consider volunteering, on a regular basis or just for a time. If you can help, contact us and a volunteer will discuss with you where the needs are and also find out your talents and desires.

Call the RAO at 228-5100.

You can also e-mail: retired@dm.af.mil or write: Retiree Activities Office, 5345 East Madera Street, DMAFB, AZ 85707.

Are you moving?

If you receive the Desert Airman in the mail quarterly, please notify us when you move. This notification is in addition to notifying your branch of service when you move. Notify the RAO by phone: 228-5100; mail: Retiree Activities Office, 5345 East Madera Street, DMAFB, AZ 85707; or e-mail: retired@dm.af.mil.

If you decide you no longer wish to receive the retiree news, let us know also.

Memorabilia needed

Davis-Monthan will celebrate the Air Force's fifty-fourth anniversary on September 21 with a party. The planners are in search of your recollections of "Life at D-M" as well as Air Force uniform items from years past. Most sought after are serviceable uniforms from 1959-1980.

Depending on your wishes, these uniforms could be worn by active duty Air Force members or used for static display only. If worn, uniforms would be cleaned before being returned.

Call 2Lt Catherine Williams at 228-1130, or e-mail catherine.williams@dm.af.mil.



Lee Sawicki

Joyce Johnson, Pauline Pennock, Anita Southard and 2nd Lt. Tim Baumgartner (left to right) prepare to distribute goodies and books on Valentine's Day. The Society of Military Widows and D-M base personnel visited with patients at the Southern Arizona VA Health Care System Hospital, as part of the Valentine's for Veterans Visitation.

Professional medication tips

More than half of all deaths and a third of all hospitalizations due to drug reactions occur in adults over the age of 60.

Used properly, medications can be safe and effective! Used carelessly, medications can be deadly!

Patients need to become more active partners in their medication programs.

People must be well informed about their conditions, and must understand exactly why certain medications have been prescribed. This knowledge will influence how well people adhere to their drug regimes.

Frequently, the management of medicines is complicated by the fact that the older patient is taking multiple prescriptions for multiple ailments. Ailments such as: ulcers, diabetes, chronic heart conditions, high blood pressure, liver disease, kidney disease, etc.

Trouble can occur when the primary care physician refers the patient to one specialist for one problem, and then to another specialist for additional problems. Why is this trouble? Each doctor writes a prescription for a different drug without knowing about the other doctor or what the other doctor prescribed.

The lack of communication between physicians is more common than you think!

It is up to the patient to request each specialist to forward his or her findings to the primary care physician. Before one is examined by any doctor, the patient should submit to the health care provider a list of all medications that he or she is taking. The list should include:

- ◆ Prescription drugs (including mail order drugs)
- ◆ Over-the-counter drugs
- ◆ Vitamins
- ◆ Herbal remedies
- ◆ Allergies
- ◆ Bad reactions to specific medications
- ◆ Personal habits
- ◆ Drinking alcohol (amount per day/week/month)
- ◆ Smoking cigarettes/cigars (number per day)
- ◆ Drinking coffee (number of cups per day)
- ◆ Bad reactions to medications and amount of coffee drunk are not usually asked when completing the physician's patient information form.

(Courtesy Benjamin Schmaltz, R.Ph., "Never Too Late," April 2001, Pima Council on Aging)

Pharmacy tips

In February you received from TriWest a packet of information about the Senior Pharmacy Program which became effective April 1st.

The base clinic held a number of briefings on the same subject in March.

According to Major Ott, Officer in Charge of the D-M Clinic Pharmacy, several points came up at the briefings that may not have been covered elsewhere. These include:

◆ If you have any type of health insurance pharmacy benefit, that benefit must be used before you can use the mail-order pharmacy or the TRICARE Network Pharmacies (retail or downtown pharmacies).

◆ You can use any combination of base, mail order, or TRICARE network pharmacies at the same time.

◆ The cost per prescription is \$3 for a 90-day supply of generic medication by mail order or for a 30-day supply of generic through the TRICARE network pharmacies. The cost of brand name medications is \$9 for a 90-day supply by mail order and for a 30-day supply through TRICARE network pharmacies.

◆ The patient will receive a generic medication unless the physician specifically prescribes a brand name medication.

◆ Talk to your insurance company before canceling or changing your insurance coverage.

Knowing Heimlich Maneuver can help save lives

Last summer a retired couple was returning to Tucson from a trip to Oklahoma. They stopped for lunch at the Burger King on Cannon AFB, NM.

An NCO, a member of the 27th Supply Squadron, noticed that the woman was choking and volunteered to help.

The NCO did the Heimlich maneuver twice after which the lady started coughing. As far as the lady is concerned the NCO saved her life and he most likely did. He learned the procedure through the self-aid buddy care program taught by the Air Force and this was the first time he had occasion to use it. The grateful couple contacted Air Force officials and the NCO's squadron put him in for the Air Force's Act of Courage medal.

This incident emphasizes the importance of knowing this fairly simple procedure that can be used quickly when someone seems to be choking.

Anyone can learn and perform the technique for removing a foreign body, often a piece of food, from the airway.

After determining that a person is choking and can't take in any air, talk or cough, take the following steps:

- ◆ Wrap your arms around the person's waist from behind.
- ◆ Make a fist with one hand and place the thumb side against the victim's abdomen between the naval and the rib cage.
- ◆ Clasp the fist with the free hand and press the fist with a quick forceful upward thrust.

◆ Repeat the procedure several times if necessary.

If you are alone and start choking, you can do the procedure on yourself with your hands or on a surface such as the back of a chair. On a child, the maneuver should be done gently, yet forcefully enough to dislodge the obstruction.

These steps are the basics for rescuing a choking but conscious person. It is wise to take a course to learn cardiopulmonary resuscitation (CPR) as well as the Heimlich maneuver since the victim could quickly become unconscious. The American Red Cross holds classes in CPR regularly. For further information call them at 318-6740, ex.105. (*American Red Cross, "Standard First Aid", 1993, Mosby-Year Book, Inc.*)

Services squadron plans summer activities

The Services Squadron has planned some activities that may interest retirees and their families. These include:

◆ May is Air Force Fitness month. Daily fitness activities are planned throughout the month. May 18 a Physical Health Expo is planned at the Fitness Center.

Call 228-3714 to find out daily activities;

◆ June 24, an ACC wide annual Tee for Two Golf Classic is planned. Sign-up information can be obtained at the Pro Shop at 228-3734.

◆ The swimming pool will be open about the first week of June.

Lap times are 11 a.m. to noon, Tuesday through Friday.

The pool is open every day except Mondays. Call Outdoor Recreation at 228-3736 for further information.

◆ July 4th a big fireworks show is planned at Bama Park, across from the Golf Course. Starting at

4 p.m. there will be music and vendors. The fireworks will start about 8:30 p.m. Bring the family, picnic fixings, etc. to this free event.



May 2001

A part of your benefits...
A part of your life.

May is Asian-Pacific Month!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Don't forget Mother's Day is May 13th! Shop AAFES first for the best gifts for your Mom!		1 Buy any breadmaker and get your first mix FREE!	2 Emerald is May's birthstone! 10% off all emeralds in stock	3 Flower of the Month: Lily of the Valley	4 All rice cookers 25% off!	5 Cinco de Mayo! Salsa contest
6 25% off Selected Sleepwear	7 National Teacher Week May 7-11	8 Wear your favorite hat and receive a discount on today's purchase!	9 25% off Selected Giftware	10 Passports and R&R clothing 20% off	11 Taste my sake and plum wine! Fit the Foot	12 Military Spouse Appreciation Day! Flower to first 100 customers
13 Pamper your mother with 25% off all bath & body products in stock!	14 Buy any pair of shoes, get any pair of socks FREE!	15 Pre-paid phone cards just 10 cents a unit!	16 Meet the Manager 1100-1300	17 25-50% off Selected Sporting Goods	18 All VCRs 20% off	19 Armed Forces Day! Join us for cake
20 25% off Selected Infant Clothing	21 Open 24 hours! www.aafes.com	22 Selected Linens 25% off	23 20% off Paper picnic supplies	24 Brand New You Makeover See store for details	25 Asian-Pacific Food Tasting	26 25% off All Pool & Beach Toys
27 All Pool & Beach Toys 25% off	28 Memorial Day Open 1000-1800 25% off Swimwear Sale	29 25% off Selected Sandals	30 All Retiree T-shirts 25% off!	31 25% off All Ties	May is Mental Health Month!	

Davis Monthan Main Store

5355 East Granite Street
Building 2441
Tucson, Arizona 85707-3011

Phone: 520-748-7887/7888
Fax: 520-748-7137
www.aafes.com

AAFES
Army & Air Force Exchange Service

VITA Volunteers complete another tax season

Thirty-six Retiree Activities Office and three active duty (AD) volunteers are recognized for their work with the volunteer income tax assistance program for the 2000 tax season.

We thank the volunteers and appreciate the efforts of those listed below who helped achieve another successful tax season. The volunteers worked in tax preparation, administration, scheduling and various assistive and coordinating functions.

Bob Alexander
Louise Bennett
Jim Blaylock
Helen Bouska
Arnella Corrigan
John Coulahan
Monty Crook
Virginia Crook
Armen Dermen
Duane Ford
Jim Frazer
Glen Geisert

Ray Griffith
Veronica Jankowski AD
Marcus Johnson
Joe Kawulok
Bert King
Ed Kondziolka
Gary Lape
Lucy LeBoffe
Len Levandowski
Neal MacArtor
Mac McMunigle
Steve Moculski
Herb Niehaus
Walt Olson
Linda Paul
Jack Pollin
Tom Rankin
Bob Ratledge
Molly Reilly
Dick Rhodehamel
Charles Smith
Todd Smith AD
Bob Speer
Mary Pat Sullivan
Lyle Walter
Bill Wells
Angela Yetto AD

TRICARE

Barbara West, TRICARE Service Center, urges us to be sure we have a correct mailing address in the Defense Enrollment Eligibility Reporting System (DEERS). An unusually large number of Senior Pharmacy Program information packets were returned because of incorrect addresses.

Retirees may update DEERS by:
♦ visiting Building 3200, 355th Support Group, customer service desk, 228-4425;

♦ visiting the Naval Reserve, 3655 E. Wilmot, 8:30 a.m. to 11 a.m. and 1 p.m. to 2:30 p.m., Tuesday-Friday;
♦ e-mailing changes to addrinfo@osd.pentagon.mil

♦ mail changes to the DEERS Support Office, ATTN: COA, 400 Gigling Road, Seaside, CA 93955-6771; or
♦ Calling the DEERS Support Office, 1-800-538-9552

The TRICARE Service Center also asks us to update our addresses and phone numbers when we move the TRICARE Service Center, Bldg. 419, or call appointments at 228-2778.

SMW meeting

The Society of Military Widows, Chapter 14, will meet for lunch at the Davis- Monthan Air Force Base Officer's Club May 19, June 17 and July 21. Social hour begins at noon and is followed by lunch, which costs \$8.50.

For reservations call Ruth Parker, 797-4526, one week prior to the meeting. A memorial service for deceased members will be held during the May meeting.

Also a trip is planned in May to the Fort Huachuca cemetery.

Contact Marilyn Savage, 298-1145, for date, time and other details.

For more information call Shirley Degan at 574-9479.

The society welcomes widows of service members of all ranks and services who died on active duty and in retirement.

Mountain View Restaurant
1220 E. Prince Rd. • 293-0375

Czech, German, American & East European Food
Daily Specials • Banquets • Catering
Full Bar Service

Open Daily 11:00 a.m. - 9:00 p.m.

SAVE AN
INNOCENT
ANIMAL'S LIFE!
ADOPT
A PET AT
YOUR LOCAL
ANIMAL
SHELTER TODAY!

M-F 8-5
SAT 8-3

TuneTech, Inc.
TUNE-UP SPECIALISTS

WE WOULD LIKE TO EARN YOUR BUSINESS!

\$5 OFF ANY SERVICE
with coupon

745-8487
7120 E. GOLF LINKS RD. • GOLF LINKS & KOLB (SE CORNER)

**DISCOUNT COPIER
& COMPUTER SUPPLIES**

- Quality Remanufactured Copier, Laser Printer & Fax Cartridges
- Brand Name Supplies For All Your Office Equipment
- Office Supplies
- Free Delivery

Phone 520-624-6806
Fax 520-624-7077

55 W. Adams St., #206
Tucson, AZ 85705

A Anthony's Flowers
WHEN QUALITY & SERVICE MATTER MOST.

FLOWERS, PLANTS, GIFTS & SILK FOR ALL OCCASIONS
LOCAL & WORLD WIDE DELIVERY

ALL MAJOR CREDIT CARDS WELCOME
MILITARY DISCOUNT IN TOWN ONLY

MON-FRI 8-5:30 • SAT 9-5:30PM • SUN 10-2 (Call for Summer Hours)
7110 E. BROADWAY BLVD. • 721-7934
24-HR. TELEPHONE SERVICE
FTD & TELEFLORA

A Spacious Home
Without Ownership Hassles
1020 to 1727 square feet
\$580 to \$930 per month

• **Huge** 1, 2 & 3 bedroom apartments • **Large** Patios & Arizona rooms
• Controlled entry system • Elevators • **Free** extended basic cable & water

Newly Decorated Interiors!

Van Buren
Apartments
625 N. Van Buren • Van Buren & 5th Street
(2 blks. east of Craycroft)
745-2207

EQUAL HOUSING OPPORTUNITY

**NEED
A
JOB?**

Visit
the
jobline
website
today!

www.jobline2000.com

**CALL TODAY TO RESERVE YOUR AD SPACE IN THE NEXT
ISSUE OF THE DESERT AIRMAN! (520) 623-9321**

**ARRIVE ALIVE!
DON'T DRINK & DRIVE!**

JAY'S OF TUCSON

Beads & Supplies - Southwestern Gifts
Jewelry - Indian Arts - Moccasins - Tee Shirts

Classes Available

4627 E. Speedway at Swan
323-1123 • Open Mon - Sat 9-6

MOUNTAIN VIEW SPORTS

Come check out our newly remodeled and expanded Tucson Mall store.
You won't believe the selection!

10% OFF
any purchase

**EXTENSIVE
LINE OF
HATS**

- AUTOGRAPHED SPORTS MEMORABILIA
- LOGO-LICENSED PRODUCTS NFL/NBA/MLB/NHL
- GREAT GIFT IDEAS: PENNANTS, POSTERS, BUMPER STICKERS, MUGS, BEANIE BABIES • POKEMON CARDS
- BEST SELECTION • GREAT PRICES

3 Convenient Locations:

Tucson Mall (Upper Level)
292-9827

Eastside
6224 E. Speedway Blvd.
745-5660

Northwest
2840 W. Ina Rd.

SAVE AN
INNOCENT
ANIMAL'S LIFE!
ADOPT
A PET AT
YOUR LOCAL
ANIMAL
SHELTER TODAY!

AmeriPark

Independent & Assisted Living

102 Sherwood Village Drive, Tucson, Arizona 85701
★ (520) 298-9242 Fax (520) 886-8437

**You've always wanted to live in the
nicest house in the neighborhood...**



Now you can!

At The Manor at Midvale retirement residence, we offer an independent lifestyle that's comfortable, beautiful, and has the amenities you're looking for. Schedule your personal tour today, and discover the active retirement lifestyle you've always wanted!

- Month-to-month rent, no hidden fees
- Three chef-prepared meals daily
- Full activity calendar
- Spacious one or two bedroom apartments
- Roomy studio apartments
- Resident managers on-site 24 hours
- Weekly housekeeping and linen service
- Scheduled local transportation
- No buy-in fees or leases

Call today
for your
personal tour!



6250 S. Commerce Ct.
Tucson, AZ 85746



CALL NOW TO RESERVE (520) 294-3200

© 2000 Holiday Retirement Corp.

*Thank you for
making me smile!*



A beautiful, confident smile can make a big difference in your life. So our orthodontist, together with your military insurance, makes getting braces easy. To find out more, call us today.

1-800-4BRACES
4braces.com



No DOWN PAYMENT • ONLY \$79 PER MONTH*

G. THOMAS WEIR, JR., DDS, PC

TUCSON • 887-3033 BROADWAY • 571-1901

Advised Fee \$2,499 - \$4,046 • Records Fee \$238 • Retainers \$476 • *With United Concordia Tricare Dental Plan